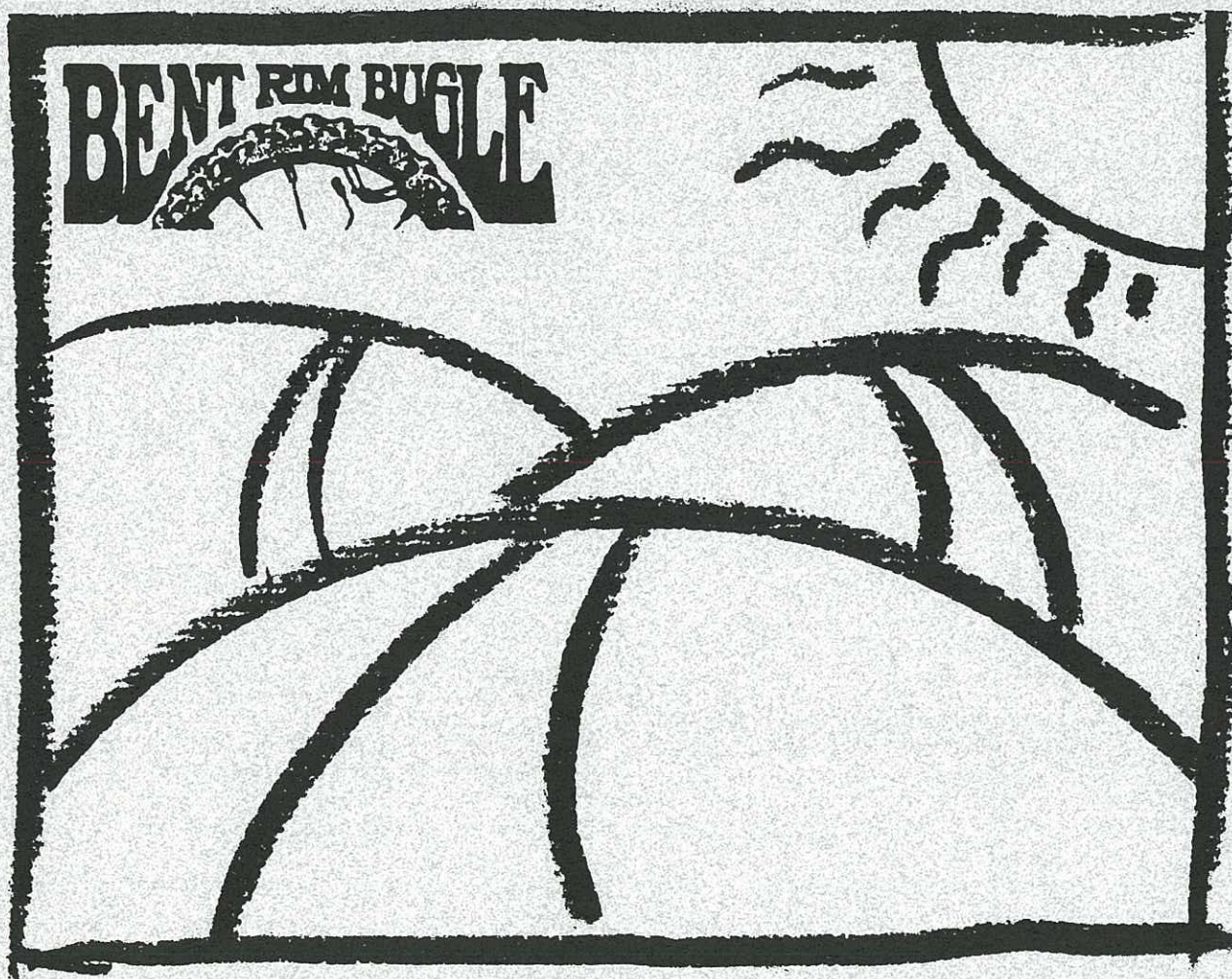


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1999 MMBA CHAMPIONSHIP POINT SERIES*

4-18-99 YANKEE SPRINGS TIME TRIAL TRAIL BENEFIT

Yankee Springs Recreation Area /
Tailwind Enterprises (248) 634-6178
FEE: \$20 Pre-register / Day of \$25 Reg: 8:00-9:30am
START: 10:00am /KIDS RACE: Free / 12:00pm

5-02-99 FORT CUSTER STAMPEDE TRAIL BENEFIT

Augusta, MI / Mike Needham (616) 731-4078
FEE: \$20 Pre-register / Day of \$25 Reg: 8:00am to
1/2 hr before start/ START: Exp 10am / Sport 1:00pm /
Beg 3:30 pm /KIDS RACE: Free / 2:00pm

5-16-99 ADDISON OAKS CROSS COUNTRY
Leonard /Addison Oaks County Park (810) 858-4647
FEE: \$20 Pre-register . / Day of \$25 Reg: 9:00am to 1/2
hr before start/ START: Beg 11:00am; Exp/Sport 1:30pm
/KIDS RACE: Free /10:00am

6-20-99 RUBY CROSS COUNTRY
Tailwind Enterprises (248) 634-6178
FEE: \$20 Pre-register / Day of \$25 Reg: 8:00-9:30am
START: 10:00am; Sport 12:30; Beg 2:45 /KIDS RACE:
Free / 12:00pm

**7-18-99 PONTIAC LAKE CROSS COUNTRY
TRAIL BENEFIT**
Waterford / Tailwind Enterprises (248) 634-6178 FEE:
\$20 Pre-register / Day of \$25 Reg: 8:00 to 1/2 hr before
start / START: Exp 10am; Sport 12:30; Beg 2:45 /KIDS
RACE: Free / 12:00pm

8-08-99 BLOOMER CROSS COUNTRY
Rochester Hills / Tailwind Enterprises (248) 634-6178
FEE: \$20 Pre-register / Day of \$25 Reg: 8:00 to 1/2 hr
before start / START: Exp 10am; Sport 12:30; Beg 2:45 /
KIDS RACE: Free / 2:30pm

8-15-99 BIG - M CROSS COUNTRY
Manistee / Piranha Productions (248) 922-0018
FEE: \$20 Pre-register / Day of \$25 Reg: 8:00am to 1/2
hr before start / START: Exp 10am / Sport 12:30pm / Beg
2:45pm /KIDS RACE: Free / 2:00pm

8-29-99 PONTIAC LAKE TIME TRIAL TRAIL BENEFIT

Port Huron /Tailwind Enterprises (248)634-6178 FEE:
\$20 Pre-register / Day of \$25 Reg: 8:00 to 1/2 hr before
start / START: 10:00am /KIDS RACE: Free /12:00pm

9-12-99 STONEY CREEK CROSS COUNTRY
Tailwind Enterprises (248) 634-6178
FEE: \$20 Pre-register / Day of \$25 REG: 8:00-9:30am
START: 10:00am /KIDS RACE: Free /12:00pm

9-19-99 ADDISON OAKS CROSS COUNTRY
Leonard /Addison Oaks County Park (248) 858-0916
FEE: \$20 Pre-register / Day of \$25 Reg: 9:00am to 1/2 hr
before start / START: Beg 11:00am; Exp/Sport 1:30pm
KIDS RACE: Free / 10:00am

**10-17-98 GARLAND HAMMER
CROSS COUNTRY**
Lewiston / Garland Resort / Larry Kinney (517) 786-
2211 ext. 1313 / (800) 968-0042 FEE: \$25 Pre-register /
\$30 Day of Reg: 8:00am to 1/2 hr. before start / START
TBA : KIDS RACE: \$5.00 Gourmet meal included for
all paid Adult and Kids Race entrants.

10-24-98 CANNONBURG CHALLENGE
Cannonburg Ski Area / Grand Rapids / Fun Promotions
(616)453-4245 FEE: \$20 Pre-register / Day of \$25 Reg:
8:00 to 1/2 hr before start/ START: Exp 10am / Sport
12:30pm / Beg 2:45 /KIDS RACE: 2:00pm

*Always check with promoter for information, current start times, race applications, pre-register dates and date of events. See MMBA Championship Points Series Rules for eligibility (Feb 99). You do not have to be an MMBA member to ride in any of the races listed, but it is highly recommended. However, membership/race fee is required to be tabulated in the points series. All dates on public properties are subject to land manager considerations and it is up to the rider to make sure that times and dates are current and correct. Pre-registration dates are determined by individual promoters and it is up to the rider to obtain current and correct pre-registration dates from each promoter. It is highly recommended that you renew your membership in the MMBA and pay the \$5.00 tabulation fee prior to the first race you want to count in the MMBA/CPS regardless of when your current membership expires.

Congratulations all 1998 MMBA Championship Points Series (MMBA CPS) participants!

New for the 1999 Annual meeting:

All MMBA CPS winners will be photographed on stage taking your place on the winners pedestal, by Lisa Lazaroff (she's shot many of you throughout the year at various events for publication and fun). Many of you have purchased Lisa's work and you know it's the best. You'll have the chance to get your winners shot from Lisa also. (Winners pedestal provided by Paul Gruber / Piranha Promotions)

All MMBA CPS participants will receive a custom-designed pin to wear proudly on your jersey, hat, etc. It was designed by Terry Ritter (Northern Chapter Points Series Rep and racer). This year will mark the kick off of awarding those who participate in the CPS (minimum number of races required -see MMBA rules).

*Elite	Men	Total
Rank	Name	Points
1	Cameron, Don	1858
2	Johnson, Curtis R.	1725
3	Weinert, Jeff	1723
4	James, Jim	1437
5	Karew, Jason	1423
6	Parker, Jamie	1406
7	Quiring, Scott A.	1352
8	Graham, Derek	1169
9	Morin, Nick	1072
10	Mulders, Jacob	958
11	Trout, Paul	686
12	Ferguson, Michael	654
13	Holmes, William	598
14	Gillespie, Daniel	401
15	Herriman, Robert	395
16	Chung, Bryan	382
17	Colflesh Jr., Jim	109
18	DiFalco, Tim	106
19	Fanner, Bryan	0
19	Lang, Garrick	0
19	Tothe, Eric S.	0

Expert Women - All	Total
Rank	Points
1	Wilson, Shelly L. 985
2	Collins, Karey 948
3	Koch, Jody 895
4	Hausbeck, Shari 856
5	Van Abbema, Juli 786
6	Pederson, Lesli 518
7	Kanipe, Jennifer 269
8	O'Day, Betsy 200
9	Pasma, Amy 145
10	Trout, Alechia 85
11	Murray, Marcia 77
12	Abattacola, Lisa 0
10	Felice A Nida 0
11	Gretchen Weiss 0

Expert Senior I -24	Total
Rank	Points
1	Pietrzak, Chris. 1017
2	Bowman, Dan 950
3	Wellisley, Barth. 858
4	Hendershot, Jorel 728
5	Love, Robert 614
6	Thayer, Scott 563
7	Tomga, Shawn 378
8	Yankus, Dan 369
9	Ward, Jesse 352
10	Camp, Kevin 176

Expert Senior II 25-29	Total
Rank	Points
1	Spezia, Anthony 159
12	Budnik, Ken 51
13	Draper, David 0
13	Mohler, Josh 0
13	Patton, Dave 0
13	Quick, Joe 0
9	Matthew Walp 0

Expert Senior II 25-29	Total
Rank	Points
1	Grumelot, Carey 1041
2	Merritt, Kurt 903
3	Cranston, Joe 900
4	Flores, Randy 879
5	Wehmeyer, Matt 735
6	Slough, Adam 634
7	Hills, Steve 617
8	Selle, Rob 570
9	Timiney, Michael 469
10	Matyniak, Brian 308
11	Taylor, Joseph 293
12	McEnaney, Patrick 260
13	Ward, James 247
14	Gabbert, Terry 215
15	Eltzschlager, Timothy 208
16	Olson, Mark 204
17	Sweeney, David 200
18	Motowski, Dan 186
19	Smallwood, Hugh 176
20	Liddy, David 125
21	Kaczmarek, Brian 75
22	Gratop, Ronald 0
22	Kotwicki, Dan 0
22	Tingley, Michael 0

Expert Senior III 30-34	Total
Rank	Points
1	Collins, Tim 1038
2	Kosik, Dale 939
3	Archer, Tom 880
4	Noonan, Rick 855
5	Gardulski, Mike 850
6	Jackson, Mark 843
7	Foshag, Robert 827
8	Ritter, Terry 623
9	Erspermer, Darren 609
10	Lozey, Tod A. 537
11	Laroe, Kevin 519
12	Young, Terrence 500
13	Neeley, Brian 397
14	Bicknell, Rick 270
15	Magle, Jerry 229
16	Angell, Mike 222

Expert Senior II 25-29	Total
Rank	Points
17	Tryon, Jeff 206
18	Moser, Travis 194
19	Farrell, Scott 164
20	Wunderlin, John 134
21	Hartley, John 123
22	Jones, Jason Aric 96
23	Cole, Mark D. 46
24	Murray, Robert 0

Expert Vet 35-44	Total
Rank	Points
1	Wojtala, John 1052
2	Hollis, Dave 1035
3	Daly, Matt 871
4	Jurvelin, DJ 851
5	Scott, Todd 807
6	Martin, James A 662
7	Gilliam, Mark A. 637
8	Roe, Gordon 625
9	Hendershott, Rick 618
10	Comell, Douglas 605
11	Bramlett, Michael 572
12	Martin, James (Cyc.) 568
13	Quist, Jack W. 440
14	Berta, Ed 412
15	Riege, Keith M. 407
16	Hahn, Tommy-Kidd 390
17	Mulders, Richard 326
18	Gruber, Paul 238
18	Roth, Frank A. 238
20	Jones, Daniel M. (40) 230
21	Tripp, Lweis 144
22	O'Day, Ken 105
23	Vernon, Randy D. 89
24	Geedigs, Terry 85
25	Heady, Douglas 59
26	Jones, Danny L. (36) 52
27	Distel, Lyle 45
28	Barton, Jeffery 32
29	Heim Jr., David 0
30	Jones, Michael 0

Expert Master 45+	Total
Rank	Points
1	Eddy, Ken 964
2	Famsworth, Terry 924
3	Fleming, Art 898
4	Ward, David 838
5	Alderson, Randy 695
6	Camp, Don 327
7	Grondin, Paul 287
8	Patton, Cliff 229
9	Doerr, Jeff 125

10	Amritage, John F.	6
Sport	Women -29	Total
Rank	Name	Points
1	Stauffer, Amy	187
2	Was, Kyrstn	183
3	Olson, Cheryl A.	113
4	Selow, Lisa	112
5	Rzepka, Karyn M.	56
6	Sheppard-Decius, Tina	0

Sport Women 30+	Total
Rank	Points
1	Jackson, Debra 527
2	Montrose, Shari 502
3	Talaski, Diane 455
4	Samson, Julianne 364
5	Martin, Linda J. 305
6	Shellenberger, Lauren 266
7	Racey, Lynda 257
8	Lansberg, Denise 177
9	Seeburger, Dawn E. 114
10	Needham, Catherine 96
11	Mack, Jan 89
12	Jarski, Laurie A. 84
13	Biebuyck, Brenda 47
14	Finch, Shirlee 38
15	Hamblin, Lou Ann 0

Sport Junior -14	Total
Rank	Points
1	Wamers, Tim 495
2	Renner, Scott 462
3	Deavila, David 358
4	Costas, David 173
5	Snacker, Aron 0

Sport Junior 15-18	Total
Rank	Points
1	Thomas, Trevor 518
2	Ferguson Jr., Gary 489
3	Freidinger, Todd 487
4	Dubois, Kevin 441
5	Haslick, Nathan 374
6	Pollum, Chris 296
7	Sterling, Dan 207
8	McKey, Brett 170
9	Weiss, Scott 151
10	Weighous, Chris 107
11	Wierzb, Nick 84
12	Crane, Jeremy 81
13	Ray, Nathan 56
14	Reddy, Joey 55
15	Scheid, Jason 51
16	Krueger, Trevor 37
17	Presley, Ben 33
18	Zuidersman, John R. 13
19	Schut, Ryan 0
19	Watson, Adam 0
19	Wenberg, Andy 0

Sport Senior I 19-24	Total
Rank	Points
1	Budacki, Joel 519
2	Walker, Jeremy S. 513
3	Bush, Nathan 437
4	Ross, Cory 414
5	Frost, Nathan J. 411
6	Steffey, Jakob L. 284
7	Weaver, Jeffrey 213
8	Hamilton, Nathan 155


9	Furi, David	147
10	Hatton, Jason	110
11	Rice, David L.	80
12	Omland, Forrest M.	61
13	Bruck, Steve	44
14	Bryant, Eric	0
14	Miller, Brian	0
14	Misavage, Tim	0
14	Schutz, Timothy	0

Sport Senior II 25-29	Total
Rank	Points
1	Dunn, Paul 578
2	Krenk, David 529
3	Putt, David 515
4	Hersberger, Anthony 503
5	Eves, Eric J. 460
6	Potter, Aaron 369
7	Soliday, David 365
8	Ferguson, Keith M. 351
9	Youmans, Heath 317
10	Buck, Brian 290
11	Thayer, John 272
12	Jeris, Bradley 271
13	Brzuchanski, Joseph 245
14	Harris, Brian 241
15	Lenting, David 237
16	Insley, Steve 236
17	Criscuolo, Timothy 215
18	Flodder, Bill 179
19	Decius, Scott A. 169
20	Heffeman, Bill 160
21	Van Veelen, Kevin 155
22	Opyrchal, Lukasz 146
23	Potas, Edward 103
24	Swanker, Aaron 97
25	Lockwood, Doug 83
26	Killingbeck, Scott 82
27	Werner, Eric 81
28	Munson, Kurt L. 77
29	Phillips, Brent 70
30	Brunner, Bjoern 59
31	Liddy, David 49
32	Sieting, Todd 42
33	Selow, Jan 34
34	Byholt, John 30
35	Hillard, Adam C. 27
36	Hotz, Douglas, P. 26
37	Kline, Ryan 23
38	Akers, Justin 0
38	Bielman, Patrick 0
38	Claxton, Scott 0
38	Hurley, Chip 0
38	Johnson, Scott F. 0
38	Karl, Stephan 0
38	Kasten, Grant 0
38	Kotchi, Kevin 0
38	Peace, Dan 0
38	Storen, John 0
38	Winchester, Greg 0
38	Zacharek, Daniel D. 0

Sport Senior III 30-34	Total
Rank	Points
1	Tompkin, Eric 612
2	Linton, Craig 533
3	Liddy, Jon 492
4	Wendzel-Kunitzer, J. 466
5	Zelazny, Scott 454
6	Winocur, Paul 451
7	McMurray, Jim 441

(*Please note: inquiries may have been posted since these standings went to press, altering results listed here. The up-to-date results will be at the MMBA Annual Meeting Feb. 7, 1999-see meeting info elsewhere in this publication.)

(Results continued next page.)

8 Gleeson, Jon	439	30 Rowan, Robert B.	119	Sport Tandem	Total	5 MacNeil, Alistair	101	18 Sieber, Jeff	21
9 Wilson, Steven	411	31 Maher, Damian	110	Rank Name	Points	6 Ricco, Anthony	87	19 Toth, Joe	7
10 Dion, Michael R.	359	32 Watson, David	98	1 Scurr, Robin	483	7 Hogle, Rick	83	20 Davis, Robert	0
11 Cyporyn, Douglas	346	33 Fallon, John	78	2 Lakatos/Fall	124	8 Smith, Perry	68	20 Karr, Ronald(Scott)	0
12 Morris, Jeff	338	34 Mitchell, Tim	70	3 Heiss, Matt	0	9 Stichler, Evan	45	20 Leach, Raymond	0
13 Grayson, John	314	34 Owens, Tom	70	Beg. Women -14	Total	10 Kaufman, Brent	29	20 Paige, Mike	0
14 Bigsby, Ian	298	36 Oliveira, Gary	68	Rank Name	Points	10 Krentler, Bob	29	20 Schoon, Steve	0
15 Wagner, Neil	262	37 Frantz, Lee	49	1 Hendershot, Chenoah	255	12 Pomranky, Steve	27	20 West, Danny	0
16 Kalina, Richard	238	38 Kreager, Alan	47	2 Berta, Jennifer	179	13 Zoet, Josh	26	Beg. Vet 35-44	Total
17 Murphy, Chad	228	39 Hamzik, George	34	3 Kelley, Melissa	116	14 Bliss, Gregory	25	Rank Name	Points
18 Smith, Ron	194	40 Jones, Jay	29	4 Wassermann, Jill	31	15 Rowley III, Edson	23	1 Kulka, Harvey	303
19 Philipson, Stephen	164	41 Badalamente, Dave	19	5 Ferguson, Stacey	0	16 Wray, John	22	2 Ostrowski, Artur	286
20 Strole, David	158	42 Twigg, Eric	14	5 Paige, Shannon	0	17 Taylor, Brad	21	3 Roodvoets, Tim	237
21 Silvers, Scott	151	43 Anderson, Ronald	0	Beg. Women 15-29	Total	18 Harrington, Ryan	0	4 Guynn, John	216
22 Tyrrell, Shawn	150	43 Bracewell, James	0	Rank Name	Points	18 Loubsky, Glen	0	5 Schoonover, Rick	211
23 Holzner, Claudia	140	43 Covey, Doug	0	1 Tilley, Christine	62	18 Nixon, Eric K	0	6 Dwyer, Kevin	203
24 Waskiewicz, Dave	119	43 Dale, Randy	0	2 Rivard-Gale, Karen	31	18 Spenski, Justin	0	7 Glaspie, John	202
25 Willis, Scott	105	43 Garland, John	0	3 Claxton, Leanne	0	18 Weatherwax, John	0	8 Krentz, Eric	190
26 Shenfeld, Joe	100	43 McKenzie, Greg	0	3 Loch, Karen	0	18 Woloskie, Allan	0	9 Jackson, David	184
27 Ward, Michael M.	94	43 Petts, Kevin	0	Beg. Women 30+	Total	Beg. Senior II 25-29	Total	10 Lupescu, Larry G.	156
28 Ritter, Terry T.	83	43 Quick, Gregory	0	Rank Name	Points	Rank Name	Points	11 Hesch, Jerry	129
29 Wright, Gary	61	43 Ruys, Ted	0	1 Crispin, Debbie	260	1 Meikle, Jeff	294	12 Herrington, Stephen	89
30 Dokmanovich, Andy	53	43 Voorheis, Steven	0	2 King, Karen	172	2 Reid, Adam	254	13 Saunders, Brian	62
30 McDaniels, Troy	53	43 Yates, Robert	0	3 Figuracion-Richards	146	3 Cole, Bradley	235	14 Van Wieren, Tod	49
32 Rozegnal John	39	43 Zoet, Mark	0	4 Glotfelty, Rebecca	33	3 Malzahn, Eric	235	15 Looman, John	31
33 Zmich, Jeffrey	37	Sport Master 45-54	Total	5 Carpenter, Judy	30	5 Wilkes, David	202	16 Juviler, Gregory	24
34 Holkeboer, John	31	Rank Name	Points	6 Tyrrell, Fran	27	6 Stack, Ron	171	17 Salman, John	14
35 Shaw, Ford	29	1 Sibel, Mark	534	7 Wassermann, April	25	7 Advani, Ranjiv	93	18 Boros, Michael J.	0
36 Brown, Jason R.	11	2 Molloseau, Gary	499	8 Haymon, Lee	0	8 Krzysiak, Paul	92	18 Derong, David	0
37 Barker, Mark	0	3 Botens, William	481	8 Neering, Colleen A.	0	9 Landicina Jr., Gerald	54	18 Fall, Don	0
37 Boersma, Don	0	4 Crane, Gerald	476	8 Savage, Linda	0	10 Spencer, Thomas	53	18 Geffen, Bruce	0
37 Daniel, Jeff	0	5 Kihlstrand, Terry	431	8 Stanwood, Nancy	0	11 Salinas, Marcos	52	18 Hemmann, Bill	0
37 Gelehrter, Eric	0	6 Needham, Michael	395	Beg. Junior -14	Total	12 Wayne, Christopher	46	18 Kemme, Blaine	0
37 Gottschalk, Werner	0	7 Kosonovich, Dave	350	Rank Name	Points	13 Deliz, Don	44	18 Lemire, Jim	0
37 Knebl, John	0	8 Swain, Charles	228	1 Johnson, Greg	259	14 Hamrin, Douglas	29	18 McKey, Barry	0
37 Masserant, Larry	0	9 Watt, Wesley	144	2 Swift, Steve	250	15 Debene, Rich	26	18 Pominville, Michael	0
37 Pierce, Brandon	0	10 Leale, David	141	3 Schuitema, Warren	220	16 Krusac, Timothy	25	18 Rozegnal, Joe	0
37 Sherman, Bob	0	11 Massey, Dennis	126	4 Williams, Carl	80	16 Langham, David L.	25	18 Tinsley, Jeff	0
37 Welsh, Tim	0	12 Wenberg, Jim	121	5 Huyghe, Philip	31	18 Larrance, Keven	24	Beg. Master 45+	Total
Sport Senior III 35-44	Total	13 Weighous, Tony F	79	6 Nevedal, Jonathan	30	19 Kish, Kevin	21	Rank Name	Points
Rank Name	Points	14 Sandbom, Dan	75	6 Stachoniak, Matt	30	19 Voth, Craig	21	1 Martus, David	260
1 Parker, Jeff	609	15 Eckhardt, Bob	73	8 Alshab, Drew	0	21 Adams, Dan	0	2 Duthie, Scott	246
2 Roerig, Scott	568	16 Allen, Gordon	70	8 Boros, John-Michael	0	21 Brehmer, Bill	0	3 Linton, Tom	86
3 France, Dan	560	17 Fairbanks, Randy	51	8 Wright, Kyle	0	21 Cox Jr. William	0	4 Boucher, Phil	58
4 Connor, David	509	18 Hollens, Jim	30	Beg. Junior 15-18	Total	21 Fraley, Brad J.	0	5 Lawton, Wayne	56
5 Schneider, Joel	509	19 Baugh, Seemann	0	Rank Name	Points	21 Israel, Rajakumar	0	6 Blankenship, Randy	34
6 Bowman, Bob	454	19 Climie, Robert	0	1 Johnson, Chris	272	21 Lathier, Jason	0	7 Kloeckner, Michael	31
7 Lehr, Pat	432	19 Kipp, Bob	0	2 Marino, Dominick	257	21 Long, Nick	0	8 Thomas, Dennis	29
8 Bower, Greg	410	19 Krist, Greg	0	3 Dubois, Tim	250	21 Smith, Jeffrey	0	9 Russell, Kevin	27
9 Rosinski, Michael	369	19 Presley, Ronald	0	4 Hebert, Ryan	220	21 Viviano, Robert	0	10 Mackey, David A.	2
10 Snook, Curt	343	19 Spitler, Richard G.	0	5 McKenney, Patrick	174	Beg. Senior III 30-34	Total	11 Acord, Bill	0
11 Johnson, Nick	341	19 Stein Bob	0	6 Woychowski, Tim	87	Rank Name	Points	11 Beers, Jim	0
11 Stevens, Eric	341	Sport Grand Master 55+	Total	7 Paczkowski, Mike	59	1 Charles, Stephen	295	11 Cardinal, Jay	0
13 Bookmeyer, Tom	333	Rank Name	Points	8 Wilkinson, Jacob	26	2 Mitchell, Bryan	274	11 Dauer, Jerry	0
14 Roerig, Dave	331	1 Vandecar, Denny	285	8 Anderson, David	0	3 Almquist, Terry	253	11 Thomson, Hugh S.	0
15 Gosen, Dan	328	2 Jones, Thomas	246	8 Chalmers, David	0	4 Lehner, Jon	217	11 Utter, Ronald T.	0
16 Bradbury, Robert	310	3 Pettigrove, Dave	185	8 Gentry, Chris	0	5 Flick, Scott	186	11 Wollerman, Gary A.	0
17 Bowes, Tim	299	4 Rice, Lavem	118	8 Heim, Justin	0	6 Valdez, Darrin K.	125	Beg. Clydesdale	Total
18 Grose, Tim	295	5 Liddell, Ronald	0	8 Sesaro, Tony	0	7 Brandenburg, Joseph	123	Rank Name	Points
19 Rogers, Michael	288	Sport Clydesdale	Total	Beg. Senior I 19-24	Total	8 Richards, Kip	119	1 Powlenko, Mark	227
20 Pluta, Jake	236	Rank Name	Points	Rank Name	Points	9 Shellenberger, David	98		
21 Lining, Thomas	229	1 Schuitema, Ronald	312	1 Spoon, Joshua	268	10 Bowman, John J	69		
22 Keane, Vin	222	2 Fons, Bill	201	2 Swain, Rob	118	11 Harrison, David S.	53		
23 Parrish, Jeff	198	3 Szot, Michael	116	3 McCrosky, Andrew	110	12 Creedon, Steven	50		
24 McClelland, Kevin	182	4 Nugent, Tom	53	4 Jaroh, Todd	104	12 Dombroski, Conan	50		
25 McLaren, Scott	169	5 Frucci, Jonathan	47			14 Libbrecht, Todd	42		
26 Reddy, Joe	151	6 Looman, Jon	43			15 Flory, Ken	34		
27 Allums, David	129					16 McKean M.D., Ted	25		
28 Lindhout, Bill	127					17 Spoelstra, Mike	23		
29 Livingston, Kevin	120								



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sing a million songs without any words..."

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Fax: 616.785.1940
email: gommmba@aol.com
web: www.mmmba.org

MMBA Listserv: mmmba@cycling.org

Bent Rim Bugle Publishing Info

The Bent Rim Bugle (BRB) (established in 1986 by Craig Stutzky, Bonnie Alsum and Steve Pruett) comes out 4 times a year around spring, summer, fall and winter. Dwain Abramowski took over production in the early 1990's with a focus on behalf of the needs of the MMBA. The BRB has become a source for news and information for the Michigan Mountain Biking Association (MMBA). Articles come from MMBA members, MMBA Chapter Presidents, the Michigan Department of Natural Resources, and other sources. The focus of the BRB is on what is of interest to MMBA members as well as education on environmental issues, land access, mountain biking events, rides, competition, other activities and information related to mountain biking and the outdoors, but most of all just info & fun, fun, fun.

Editorial contributions and photos are welcomed but cannot be returned unless accompanied by proper postage. Send contributions to: MMBA/BRB P.O. Box 29 Belmont, MI 49306. The BRB also can provide classified ads to MMBA members for free and advertising space to shops and manufacture members at reduced rates. For deadlines and rates contact the address/email/web site above or call, 616.785.0120.

Opinions expressed are not necessarily those of the MMBA, Publisher, DNR, Forest Service, MMBA members, dealers and/or sponsors. Due to space limitations, el-nino, the stock market or current scandals in Washington contributions may be editorialized beyond the point of recognition by the author or salient intelligent life-forms. Therefore if you're really sensitive to things like that you'll need to start your own magazine....In other words it's mountain biking not world hunger.... Copyright, Dec. 1998, all rights reserved....including but not limited to all etc....grovey....

About the Cover: Trails For Tomorrow Campaign

About the cover:

Late last fall MMBA Western Chapter member, Janet Jones, at the direction of the MMBA State Board, put together a program aimed at developing needed resources to continue the MMBA's mission for 1998-99. Due to a major shortfall of promised pledges from 4 of 5 major bike industry supporters of the MMBA this past year, the MMBA was facing the end of the year and the beginning of 1999 with very limited means of meeting its budget (translation: paying the bills - phone, office expenses, mailings/postal money, meeting attendance, contractual obligations, BRB production, board contacts, etc.).

The Trails for Tomorrow Campaign (TTC) was launched to

try and moderate the impact of the bike industry's shortfall of promised support. A request to MMBA members for additional support for the programs and activities of the MMBA, lead by Janet's commitment, met with substantial success. Well over \$2,000 dollars was raised. The resources came from MMBA members who are enlightened and see the MMBA's strength as a means of keeping Michigan trail access, care and development without comparison in the nation.

Thank you MMBA members, for your charitable commitment to the MMBA. Because of you, the MMBA is a stronger voice in the management of our state's public lands and trails. Thank you Janet Jones, for putting the program together.

(A few late breaking TTC contributors to add to the front cover: Robert and Cherri Anthony.)

MMBA Responsibility Code

1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails.
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.

1-99:



Holly/Flint:

Rick Jerrell

As 1998 comes to an end, I'd like to say "Thanks" to the Chapter Membership for being involved in the MMBA. And to "Thank" those members who took time during the year, to volunteer over 900 hours...in trail work at Holdridge Lakes and Seven Lakes, in the Holly Rec. Area. The year started with the Chapter hosting the MMBA Annual Meeting, followed by the St. Jude Children's Hospital Bike-a-Thon, our Fifth National Trails Day Event and second Chapter Member (Paul Gruber) being named the "State of Michigan Vibram Volunteer of the Year." 1998's NTD event brought out 40 volunteers to help open up the trail system after the late May storms. This year we opened the well at the trailhead at Holdridge, added signage and the new kiosk.

The new East Loop (Gruber's Grinder) was hailed as a huge success, more members got involved with the Adopt-a-Road Program of Grange Hall Rd. and we held fun events: the Seven Lakes Hot Air Balloonfest, the Fall Color Cider Ride and the "Fifth Annual Carry Nation Back Road Bike Tour.

Plans for 1999 are underway... Thanks to all Chapter Members!!! Please keep your memberships current and keep your thoughts and ideas coming.

Northern Chapter:

Dennis Bean-Larson

Last fall, the Society of American Foresters (SAF) learned a bit about one of Michigan's mountain bike trails near Traverse City. The SAF held their 1998 Annual National Conference in Traverse City at the Grand Traverse Resort. During the event, the attendees had their choice of several bus trips that made stops at several demonstration projects that impact the state forest: residential development, oil and gas production, volunteer trash collection,



American Society of Foresters Fall Convention, bus tour stop at "The Rock" on the VASA Trail in Traverse City (Photo Dennis Bean Larson)

and recreational trails. Forty foresters via bus paid a visit to "The Rock" and the VASA Trailhead. At "The Rock", Dennis Bean-Larson and George Lombard gave the history of the VASA trail and led the foresters on a short walking tour of both the VASA Singletrack Loop and the VASA Ski Trail. Hopefully, the attendees will go back to their own states with a better understanding of how user groups and State Foresters can work together to create recreational facilities for the citizens of their states.

During the Northern Chapter's "Annual Autumnal Equinox Night Ride" it was noted that high power lighting systems were definitely in vogue this year - last year nearly half of the riders had to "feel" their way back after their lights fizzled. A great time was had by all in midsummer temperatures-shorts and short sleeve jerseys were the order of the day (night), and everyone was sweating, especially Jay Monceil who arrived wearing tights, a long sleeve jersey, and full fingered gloves.

Please note:

The Northern Chapter has been served well by Dennis Bean-Larson for a good number of years as the chapter president. Dennis was greatly responsible for getting and maintaining access on the Huron-Manistee section of the North Country Trail and has worked tirelessly on the State Forest Sections of the trail. Dennis also worked with the State Forest division of the Michigan

DNR to develop the Singletrack portion of the VASA trail. The improvements and future direction of the singletrack portion of the trail and the trailhead facilities are directly due to Dennis' involvement.

In Dec. Dennis informed the State Board of the MMBA that he is stepping down and the Northern Chapter is now looking for a new chapter president. Dennis will be glad to assist anyone who is interested in learning the "trails" of leadership. Your contribution to the health and well being of the Northern Chapter of the MMBA is vital. The trails you ride are the trails that you care for. Dennis has done a fantastic job and thousands have enjoyed the results of his efforts. Dennis deserves a needed break, and mountain bikers in the Northern Chapter need your consideration in climbing on the presidential seat and continue the ride of success that Dennis started. Contact the MMBA at 616-785-0120 and keep the Northern Chapter's success spinning smoothly on the trail.

Western Chapter:

On a solemn note:

If you have enjoyed the Owassippi trail in near Muskegon or the great northern ride at Big M please take a moment and remember LuAnn Johnston, trail coordinator Bruce Johnston's wife. She died this past fall of cancer.

LuAnn was Bruce's behind-the-scene inspiration and volunteer assistant. She contributed tirelessly to the



**MMBA Volunteer LuAnn Johnston,
Red Rock Lodge Moab, Utah**

MMBA making phone calls, running errands and going on trips to support Bruce and all of us with trail work. She was a dual slalom race fan, in which her daughter, Heather, was involved and enjoyed meeting all the friendly racers and their families. Near the end her father asked her, "if there was one place on earth she could be - where would that be?" She said, "Definetly Moab, Utah."

The MMBA expresses its sincerest condolences to Bruce and Heather. May the trails and new rides that LuAnn made possible lead to many fond memories and new beginings for all. (Info provided by Bruce Johnston)

Southeast Chapter:

Todd Scott

Todd Scott is the man. In many ways, but for MMBA purposes we'll center on his enlightened and totally committed efforts in directing information and tracking down rumors on a new golf course slated for an Oakland University natural area and trail system. This golf course is being built with way less than unanomous support by Oakland University Staff, students, neighbors and the general community.

Todd has spearheaded efforts to get the information on the project out to the public and organize opposition to the plan. He has developed a website (listed below) and updates it regularly. Below is a time line of events and information on how you can get involved. Todd Scott is one dynamic guy and one heck of a mountain biker (Look out Alaska! Here he comes again for another I-Did-A-Sport in February).

Oakland University
Time Line Of Events -

November 6, 1998 - Bill Rogers (Manager of Golf Course Operations) and the course architect meet with the Biology Sciences Department "to develop a compromised layout... that would minimize damage to those areas of the natural campus that are used extensively for teaching and research." Mr. Rogers and the architect assure the Department a response by November 11th.

November 11, 1998 - The Biology Sciences Department has not received a response yet and according to Mr. Roger's secretary, he is out of town for a week.

November 13, 1998 - Members of the faculty send a memo to the Provost noting a discrepancy between the land area approved by the Board resolution and the golf course plans. In fact, the Board resolution does not include their study area whereas the course plans do. Two holes are completely outside of the approved area.

November 13, 1998 - The American Association of University Professors (AAUP) files a grievance demanding a halt to construction until the Senate can review the construction's impact on academics and demands to know how the golf course plans conform to the 1990 Senate Resolution. The AAUP also notes the faculty's "contractually guaranteed role in the formation of educational policy and shared governance."

November 16, 1998 - Todd Scott (concerned citizen) gives a presentation to the Student Congress with Board minutes, maps, and memos describing the golf course history and plans. Mr. Rogers and Lynne Schaefer (Vice President of Finance and Administration) give a rebuttal. Ms. Schaefer states that the construction is "not going to affect academic uses," that the current financial resources are not meeting our growth needs, and that the current golf course helps keep student costs down.

November 18, 1998 - The Biology Sciences Department writes the Board of Trustees regarding their desired course changes. "We have not received a reply to our request."

November 19, 1998 - David Downing (Interim Vice President for

Academic Affairs and Provost) and Ms. Schaefer distribute a memo in response to the "many inaccuracies about this project." [Editor: This memo adds more inaccuracies than it attempts to answer. See the In Our Opinion section for our complete analysis.]

November 23, 1998 - 1,400 memos are distributed on campus rebutting the Downing-Schaefer memo.

December 3, 1998 - The Board of Trustees meet amid a student led protest. The orderly meeting ends with 27 speakers voicing their concerns regarding the golf course construction. The administration publicly announces they will compromise the course design to accommodate academics.

December 8, 1998 - Three compromise layouts are presented to Biology faculty. None are acceptable though one is close. The faculty and architect agree to continue discussions in the field.

December 9, 1998 - The heavy equipment begins removing trees throughout the forest.

December 8, 1998 - Rumors circulate of tree clearing equipment seen on University property near Adams and Avon Road.

The Related Links section has also been expanded somewhat. Anyways, please check the website (<http://www.ouforest.org>). If you have trouble accessing it, you can use the direct URL instead (<http://www.mich.com/~bikerboy>).

"Our Mission: to provide accurate, comprehensive information regarding Oakland University's campus forest and the growing movement to protect its natural state."

To Join The MMBA:

Send \$22.00 (That's only \$0.06 a day) to:

MMBA

4217 Highland Rd. #268

Waterford MI 48238

or just log on to our website and use our secure server at: www.mmba.org

Include:

Name: _____

Address _____

City _____ State _____ Zip _____

For chapter or racer info call

616.785.0120

STICKS & STONES

Join The Clipping Crew

Are you not able to get out there and help "clip" the overgrowth on the trail because you work the day shift? Or do you start your day with a cup of "joe" and the local news-rag? You can do the MMBA a big favor to the benefit of all mountain bikers and cyclists. Become a "clipper". As a clipper your job is to peruse your local and regional print and magazine media for Michigan focused mountain biking-related articles, editorials and letters. Clip them out and forward them to the MMBA on a regular basis (MMBA, P.O. Box 29 Belmont, MI 49306). This keeps us current on local issues, programs and happenings in your area. We then can compare them with items from around the state and region and in turn this empowers us to more eclectic action when we must respond to issues around the state.

We (the MMBA) compile a file of these clippings. A collection of what has happened throughout the year is then copied and forwarded to the media, bicycle industry, DNR, National Forest Service and other advocacy organizations informed about our activities, highlights, challenges and successes.

If you find something while surfing the web that hasn't been spammed to everyone and their goldfish, we'll utilize that, too. Just forward it to us at gommmba@aol.com.

Tri-City Bicycling Club Apology:

It is with great disappointment and apology that I request your understanding for missing the very important engagement last Saturday night (In Nov.). Due to circumstances beyond my control I had to attend to some family responsibilities that left

me unable to fulfill my commitments for the weekend. I am deeply sorry and hope that you'll understand and offer my service as Executive Director of the MMBA at future events or gatherings of the club. At that time I will do everything in my power to meet your needs. If I can be of assistance please don't hesitate to contact me at 616-785-0120.

Sincerely,
Dwain Abramowski, Executive Director
Michigan Mountain Biking Association (MMBA)



RockShox Supports IMBA Trailwork Again

With a \$10,000 grant from Rock Shox, IMBA Purchased 240 Mcleod trail tools and distributed them to more than 90 affiliate clubs across the nation. (THE MMBA GOT SEVERAL OF THESE TOOLS-THANK YOU ROCKSHOX AND IMBA). Manufactured by Zac Tool manufacturing of Simi Valley, California, the tools were prepped at no charge by Precision Deburring Services (PDS) of Sante Fe Springs, California, and painted RockShox SID Blue by Crest Coating of Anaheim.

Mountain bikers will put the tools to work building and maintaining trails from Eagle River, Alaska to Bar Harbor, Maine and from the southern Sierra Nevada mountains to Central Arkansas and southern Florida (And here in

Michigan!!!).

"RockShox continues to be an unparalleled supporter of IMBA projects and those of our affiliated clubs," said Tim Blumenthal, IMBA executive director. "Top-quality trail tools make trail work easier. Volunteer trailwork keeps trails open for mountain biking."

In '97, IMBA member clubs and individuals volunteered more than 150,000 hours of trailwork (Michigan contributed to that total with over 5,000 hours of trail work). With the commitment of RockShox and the support of Zac, PDS and Crest, IMBA clubs will surpass this goal in '98 and again in '99.

Chequamegon

Lottery for 1999

Those who plan on registering for the September 17-19, 1999 Chequamegon Fat Tire Festival sponsored by Trek should take note of the new registration lottery that is being instituted for this coming year's event. To preserve the integrity of the trails used, provide for the safest and highest quality event possible and to prevent organizational burnout, a limit of 2,500 participants has been set for the Chequamegon 40 and Short & Fat 16 mile cross country events. The Chequamegon's popularity was demonstrated when the 1998 limit sold out completely in 24 hours one year in advance of the event dates. To provide a system that allows everyone an equal chance at obtaining a spot in the seventeenth annual installment of the Chequamegon Festival, a random lottery will take place on March 15, 1999. The lottery will determine the lucky 2,500 riders to be included in the limited race fields.

To obtain an entry blank, hopeful participants must submit a self addressed stamped business size envelope marked "1999 Entry Blank" to the


(Sticks and Stones continued on page 10)



17th Annual

Chequamegon Fat Tire Festival

SEPTEMBER 17-19, 1999
CABLE & HAYWARD, WISCONSIN

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- ▲ **have a chance** at getting into the
- ▲ nation's most popular
- ▲ off-road cycling event.

**Registration
Limited to 2,500**

NEW FOR 1999! Registration Lottery!

1. Submit a business size SASE by March 1 to obtain an entry blank (33¢ stamp needed in 1999).
2. Entry blanks will be sent out on March 1.
3. Return completed entry blank with payment by March 15 to be included in the random lottery for 2,500 spots (1,700 in the Chequamegon 40 and 800 in the Short & Fat 16). Up to four completed entries can be included in the envelope that is returned.
4. You will be notified by May 1 if you are selected, or have your check returned if you are not selected.

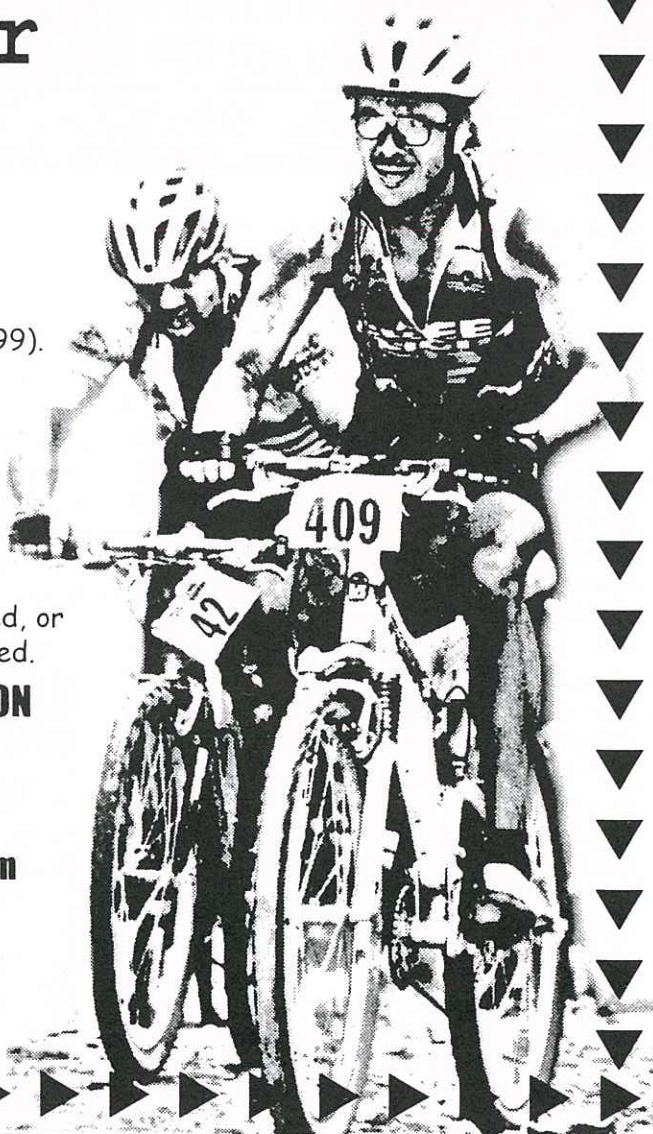
CALL OR WRITE FOR FURTHER INFORMATION

715-798-3811 ext. 644

P.O. Box 267, Cable, WI 54821

e-mail at cheqfat@win.bright.net

Or visit our web page at www.cheqfattire.com



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STICKS & STONES

continued

Chequamegon headquarters by March 1, 1999. Entry blanks will not be distributed in any other manner. On March 1, 1999, entry blanks will be sent to all those who requested them. To be included in the registration lottery, completed entry blanks with payment must be received back at the Chequamegon office by March 15, 1999. For those who prefer to be drawn as a team or family unit, up to four completed entries and payments can be submitted in each envelope returned. On March 15, the random drawing will take place to select 1,700 spots for the Chequamegon 40 and 800 spots in the Short and Fat 16 mile cross country events. It will take until May 1 to process all the entries and returns at which time those who are accepted in

the event will be sent a confirmation card. Those who were not so lucky will have their checks returned by that date. Please no phone calls, faxes or e-mail to confirm your acceptance.

Further information about the Chequamegon Fat Tire Festival can be found on the World Wide Web at www.cheqfattire.com. If you prefer,

contact the Chequamegon office at P.O. Box 267, Cable, Wisconsin 54821.

Or 715-798-3811 Ext 644 or via e-mail at cheqfat@win.bright.net.

Good Luck!

(Ed Note: Thank you Gary Crandell and the Chequamegon Fat Tire Festival for their continued support of the MMBA's charitable activities.)



I·M·B·A

**International Mountain Biking
Association**

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888-442-IMBA

Where the Trail Meets the Road!

Again this year, well over 10,000 miles were covered on behalf of mountain bikers in Michigan. Subaru saw many of those miles accumulated in celebration of their *Outback/IMBA* sponsorship program through the beginning of March (when the car had to be returned to Subaru). The *Subaru/IMBA* - MMBA program was a success for Subaru, IMBA and the MMBA. The *Subaru/IMBA Outback* gave the MMBA the resources needed to attend many more events, races, access and trail care meetings and the *Outback* saw well over thirty thousand advertising miles covered during the year and a half it was in Michigan. **Thank you Subaru/IMBA!** We look forward to other car/truck companies taking advantage of the unique charitable activities that the MMBA is involved in as miles are traveled on behalf of the thousands of mountain bikers in Michigan and the Midwest area.

MMBA-

January

**Post Office (local and out of town)-	64
**Kinko's (Downtown)-	26
**OfficeMax-	48
1-2 Return Subaru Rack/Village Bike Shop-	44
1-6 Western Chapter Meet/Supplies-	37
1-8 Subaru Maint.-	36
Total Miles	255

February

**Post Office (local and out of town)-	80
**Kinko's (Downtown)-	104
**OfficeMax-	32
1-31/2-1 Annual Meeting-	438
2-18 Intaglio Pro. MMBA Video/Rock H.	47
2-19 CABDA Setup-	447
2-20 NFS /Cadillac-	178
2-21/2-22 CABDA Show-	447
Total Miles	1,733

March

**Post Office (local and out of town)-	84
**Kinko's (Downtown)-	104
**OfficeMax-	64
3-3 Subaru drop off-	47
3-15 meeting lawyer Lansing-	157
3-18 Board Meeting/Dennis for meeting key-	194
3-20 Friends of the Forest/Cadillac-	160
3-24 National Trails Met./ DNR-	172
Lansing Pick up BRB in Highland-	284
3-28 Galaxy 2000 /evaluation of site-	20
3-29 Yankee Springs Trail Day	104
Total Miles	1,230

April

**Post Office (local and out of town)-	44
**Kinko's (Downtown)-	78
**OfficeMax-	32
4-19 Yankee Springs/Points Series-	104
Total Miles	258

May

Post Office/Kinkos/Misc-	68
Total Miles	68

June

**Post Office (local and out of town see receipts)-	56
**Kinko's/OfficeMax/(See receipts)-	58
6-17-98 Board meeting/18 ICLEseminar Detroit-	327
6-2-98 Western meeting-	12
6-20-98 Yankee Springs Sign Construct.-	89
Total Miles	542

July

**Post Office (local & out of town see receipts)-	68
**Kinko's/Office Max/(See receipts)-	26
**OfficeMax(see receipts)-	16
7-11-98 Holly MI-	232
7-23-98 Quest Mag. Interview-	32
Total Miles	374

August

**Post Office (local & out of town see receipts)-	68
**Kinko's/OfficeMax/(See receipts)-	78
**OfficeMax(see receipts)-	16
8-3 Pontiac Lake-	266
8-4 Western Chapt Meeting-	20
8-8 Algoma B. Church/Bike Rodeo Speaker-	21
8-9 Allegan to meet trail care crew-	164
8-11 Lansing Committee mtg. Jason/Tom/Robin-	184
8-13 Bike dealer meeting-	184
8-16 Big M to manage tent-	202
8-26 Drop off letter to West. Sec.-	15
8-29 Jenison/Ionia/Battle Creek/A.V.Eq./Popcorn -	231
8-30 Pick up Dirtstock supplies/Video for D.S.-	172
Total Miles	1,621

September

**Post Office (local and out of town see receipts)-	48
**Kinko's (See receipts)-	78
**OfficeMax(see receipts) -	30
9-8 Battle Creek/Jackson with Marketing info-	119
9-10 Lansing-ISTEA- planning meeting(Chair) -	140
9-19 KCIA-meeting with Velonews Brian Jew -	42
9-23 Highland MI/meeting with Brian Jew/Drop off BRB-	314
9-25 N.F. Service Meeting/Friends Committee Cadillac-	169
9-27/28 Battle Creek/Brian Jew -Velonews/Greenways meeting RTC-	130
Total Miles	1,186

October

**Post Office (local and out of town see receipts)-	44
**Kinko's/OfficeMax/(See receipts) -	104
**OfficeMax/Meijer/ect.(see receipts) -	65
10-7 Parks meeting Kent/Plainfield Twp.-	4
10-8 Western Chapter meeting-	14
10-15 Race meeting Lansing-	186
10-25 Cannonsburg-	18
Then I hit a deer running errands for the myself and the MMBA....bummer!	n/a
Total Miles	435

November

**Post Office (local and out of town see receipts)-	44
**Kinko's/OfficeMax/(See receipts)-	156
**OfficeMax/Meijer/ect.(see receipts)-	16
10-31 -Nov. 3 CABDA-	531
11-5 Points Series meeting Lansing-	176
11-6 DNR Meeting N.E. Lansing-	44
11-11 MMBA Board Meeting-	176
11-18 Trail Care Crew Meeting With Chapters-	176
11-19 Sponsorship meeting Jason/Mike R	
Sponsorship meeting	204
Total Miles	1,523
*Grand Total	9,425

*Grand Total does not include personal trips to trails/bike shops and/or incidental activities that encouraged MMBA/IMBA contact with numerous individuals, shops, and organizations. Including these activities the grand total for miles would be well over 15,000 miles.

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(*copy-ready black and white art works the best.)



Health Shift

By Terry Ritter

Most people know or have known someone with the condition Osteoporosis. It is a silent disease, much like high blood pressure, which often goes undiagnosed until its advanced stages. It affects 15-20 million people in the United States, mostly elderly individuals. Until recently, I had no one close to me that suffered this malady. But, my 52 year old mother decided that she had enough of her back pain and saw her family practitioner. His assessment, using results from a Bone Mineral Density scan, was moderately advanced osteoporosis of the vertebrae.

This took me a bit by surprise. My mother is large boned, and though not an athlete, has been active her whole life. My studies of this disease had involved elderly women who were well advanced in their functional lives, not middle aged go-getters who have grandchildren to cart around. My interest drove me to research this situation in hopes that others could gain some insight for osteoporosis is a disease that, though not reversible, can effectively be prevented or delayed.

Osteoporosis represents a major health problem in this country, mainly due to increases in the aging population. This disease afflicts 1 in 2 women over the age of 65 and accounts for 1.5 million fractures a year in the US alone. It can start as early as the late twenties, and is more common than stroke, heart disease, and diabetes combined. There are a quarter of a million hip fractures in this country each year in those 45 and older. One fourth of these who lived independently are in long term care institutions within one year. A hip fracture also puts one at increased risk for mortality. It is estimated that the annual social cost of the common hip, wrist, and spine fractures associated with osteoporosis runs as high as 13 billion dollars. This is projected to increase to 50 billion by the year 2040.

The literal meaning of osteoporosis is "porous bone" and is due to changes in the microarchitecture of our bones. The skeleton is a wonderful system allowing strong attachment points for muscle groups, protecting internal organs, and even producing red blood cells and other important body components. But it is far from the lifeless structure that we think of when we remember our 9th grade biology class and Mr. Bones who hung in the corner. Bone is made of the mineral calcium (Ca), along with other ingredients, and the removal and addition of calcium in the building and break down of this structure is natural and very dynamic. Why would the body break down bone? Well, along with the before mentioned structural responsibilities, bone is the storage location for Ca that is found in serum or blood. These Ca levels, which fluctuate very little in a healthy person, are maintained even in the face of chronic Ca intake deficiency. This is a good thing as Ca plays a paramount role in muscle contraction, blood clotting, and other functions. The system as a whole would not tolerate large swings in serum Ca levels. Ca is continuously excreted in the urine and this amount lost must be matched by dietary intake or bone Ca makes up the difference.

This brings one to the asymptomatic nature of this disease. The loss of structure (bone) Ca typically leaves no sensation. Often, the condition is diagnosed after a mild fall which produces an unusually bad fracture. It can also be discovered from back pain and height loss. As Ca is released from the bone without replacement, the bone's strength becomes compromised. Many hip fractures in the elderly can be sourced to this process.

Unlike most nutrients, we only effectively store Ca in our bone structure for a part of our lives, usually

till we reach 35 years or so. From then on out we must maintain or control the loss of this "bank" to insure a strong skeleton.

Obtaining a large bank depends on a few factors, some of which are environmental and controllable, and some of which are genetic and we can blame our parents for. If your family has a history of osteoporosis you are at increased risk, as well as if you have a smaller bone structure. Women suffering from early menopause, without estrogen replacement therapy, tend to store less bone and lose what they have sooner. Environmental conditions like high alcohol and caffeine intake, low dietary Ca intake, low vitamin D intake or production, low weight-bearing activity, high protein intake, and smoking are also detrimental. Recent reports that I have read also point to the phosphates in soda causing excess Ca loss (they recommend no more than a can a day).

Most of these habits cause Ca to be excreted in higher amounts in the urine. This directly affects serum levels which are reestablished via diet or bone breakdown (to release Ca). See the cycle? If we are no longer storing bone after our mid-thirties it would be prudent to maintain what we have through proper intake and limited excretion.

Also playing against our attempts to keep our bones strong is that as we age, our digestive system becomes less efficient. We no longer can absorb nutrients as well as we once could, and Ca is no exception. Compounding this issue is the fact that dairy products are the most abundant source of Ca in our diets, and many become lactose intolerant as they age, decreasing their milk product intake. We also have a tendency to become less active as we get older, limiting the weight-bearing activities needed to stimulate bone

(Inside-out continued next page)

(Inside/Out continued)

growth and maintenance. Present recommendations call for intakes of 1200mg Ca for premenopausal women, and 1500mg for postmenopausal. Preteens and teenagers should consume 1300 mg a day. Male recommendations are almost that of women their age.

Where do we look for most sources of Ca? Well, as before mentioned, dairy products substantiate the bulk of our western diets. An eight ounce glass of milk has 300 mg. Cheese has 200 mg in a quarter cup shredded or 1 ounce hard. For those with lactose intolerance, lactose pills (those that predigest the lactose sugar) can be used. Also, foods like yogurt and most cheeses have most of their lactose sugar digested via bacteria, and can be safely consumed. Most lactose intolerant people can ingest dairy products if they also include other items in the meal. They usually have little or no problems.

So, what can we glean from all of these facts? Osteoporosis affects more women than men. Not surprising as studies show most women do not consume sufficient Ca in their diets. If they can't eat enough naturally, supplementation is a good source also. Be sure to watch soda intake or any high caffeine food. Keep a regiment of weight bearing exercises in your life style (sorry, biking does not count) like walking or resistance training with weights and be careful of your protein intake as high amounts cause Ca loss in the urine. Be sure to get vitamin D from sunlight or other diet sources if you use a nondairy Ca rich food. But, above all else, make it known to your physician that you are concerned in preventing osteoporosis.

Don't let it surprise you!



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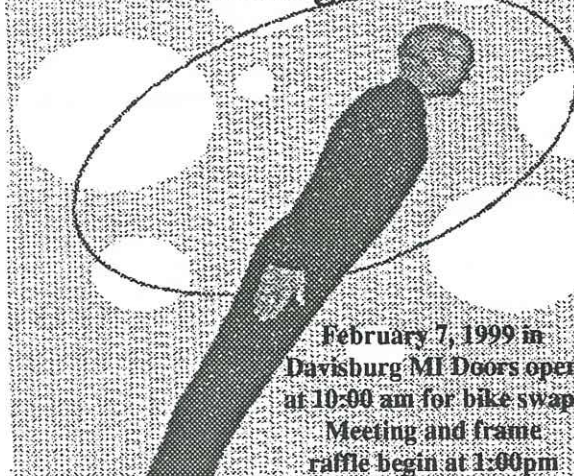
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1999 Michigan Mountain Biking Association Annual Meeting



February 7, 1999 in
Davisburg MI Doors open
at 10:00 am for bike swap
Meeting and frame
raffle begin at 1:00pm

Is sponsored by *Gary Fisher Bikes. You can win a Gary Fisher totally awesome frame at the annual meeting in February (see back cover of this issue!) Two Wheel Tango (Ann Arbor) will assist in labor costs to put the bike together. So, be there! The frame will be given away to someone at the annual meeting! Thank you Gary Fisher Bikes (www.fisherbikes.com) and Two Wheel Tango (734)528-3030.

(*Must be present to win)

GARY FISHER



Grindo's Grime

Let it snow, let it snow, let it snow.

Hi there, and happy New Year!

I talked to the weather man yesterday, and he said that we are in for a cold snap. "Cold?" I said, "No problemo." He then said that it will snow as well. "I hate you, weatherman!" I exclaimed. I know it is not his fault. It never was. We all want someone to blame for our problems, and I can understand that, but we have no one to blame but ourselves if our trusty bicycles are not ready for the winter. I exist to point blame at someone, so if you do not read this, I blame you.

First of all, we need to establish if you plan to ride your bike this winter. If you are going to, will you ride in the snow or just on dry days? Will you ride on the street or off road? Will you read the rest of this? Magic 8 Ball says, "highly unlikely."

If you are not going to ride in the snow and slush, simply keep your bike clean, dry and lubed. You will be fine. If you will be riding in the snow, you should do the following things...

A: Dress warmly.

B: Lube your chain and pedal mechanisms (clipless only) with white lightening or similar product. Your chain will run smooth and your pedals

will release nicely and force ice and snow to exit thru the other side. TIME pedal users may skip this step. It does not seem to help much on TIME pedals.

C: Reduce the pressure in your tires to between 35 and 40 psi if you will be in deeper snow.

D: Install studded tires if you will be on icy surfaces a lot. They work great! They are kind of useless on snow, but on ice they RULE!



E: You may want to loosen the adjustment on your breaks to prevent snow build up.

F: Grip Shift users may want to install more aggressive grips on the shift cylinders.

G: Make sure your lighting system is charged! Cold weather depletes batteries faster than warm weather. If riding in daylight, amber or yellow lenses in your eyewear will help you spot depressions in the snow that could be deeper than you think!

H: Keep a good distance from me. I enjoy falling for some reason, and offer no apologies for taking you out. I am, of course, being an ass on purpose, but at the same time, I am serious. Snow crashes are more fun than dirt crashes, but can KILL yer scooter...

I: Everything else is just common sense. Keep the salt off your ride. Lube your chain and gears. Keep air in your tires. (Cold weather makes your tires lose air faster.) Above all, watch out for snowmobilers, skiers and hunters. the latter two scare easily, but the snowmobile will %#@! you up.

J: Last thing, I swear! This is important! When the weather is warmer than 32 degrees, or the sun is exceptionally warm, please stay off the trail. Our trail system is easily damaged when the snow begins to melt. It is even worse when a cyclist cuts ruts into the soft dirt beneath the melting snow. The spring will offer us a nice trail of we don't abuse it in the winter...

Don't fear winter-fear me.

Grindo (grindo@cycleworks-bmx.com)

Respect The Sweat

The headline on the Weather Channel's web site for the December 18th was two simple words, "Arctic Blast!" Current temperature in Bozeman, Montana is -7 degrees and falling fast. By Sunday, the mercury prior to windchill factoring is predicted to be shivering like a hairless puppy at -30. The sweltering sun baked days of the summer appear as a foggy dream in my mental memory banks.

Here we are in the "Holiday Season". The perfect time to reflect on the passing of another year as a citizen of planet earth. I purchased my first mountain bike eight years ago with money that I earned mowing lawns in Michigan. Since that time, I have ridden thousands of miles of singletrack all over the United States. I've pedaled through the rolling flatlands of the Midwest, slipped and slid on mossy rock infested trails in the East, mucked my tires up with red Southern mud, climbed to the tops of never ending Rocky Mountain Peaks, blazed through the deserts of the Southwest and snaked around trees the size of sky-scrapers in ancient Pacific Northwestern rain forests.

As many of you know, I spent the past summer as a trail builder for a contractor doing work for the National Forest Service in the mountains of the Northwest. A typical work-week consisted of eight days and eighty hours of hard labor deep in the wilderness. Because of my ditch digging, tent dwelling life-style, I didn't get as much saddle time as I would have liked this past season.

Prior to this job, my focus while riding was mostly divided between absorbing the natural beauty of my immediate surroundings and the pain/pleasure stirring within my body. With trail building experience under my belt, these days I'm paying much more attention to the surface, on which my wheels roll. Like a quality control inspector, I find myself noticing everything on trails built by others. I drive my riding partners crazy when I constantly point out poorly placed water bars, inferior drain dips, useless ditches and shoddy switchbacks. Although I annoy my friends, I enjoy sharing my new found respect for the backbreaking work that it takes to construct a trail. Trails are incredible things

and they deserve the attention. After all, what are trails but tiny roads that transport us from the hustle and bustle of everyday life to the tranquil realms of nature? To me, that's awesome.

So, next time that you're blasting through the forest on some zippy single track, take a moment to think of the time and sweat that's poured into creating your playground. I recommend as a New Years resolution that all of us volunteer **at least one weekend this coming year to constructing and maintaining our favorite riding areas.** It's the least we could do to help preserve, protect and heighten our love for the sport of mountain biking. I wish you all the best for 1999.

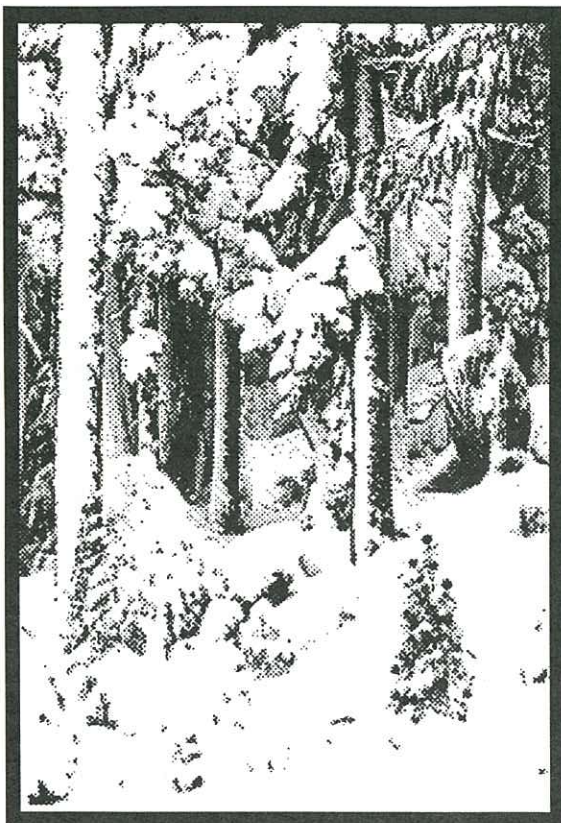
Tread Lightly, Ride Fast,
Take Chances

Dan Lakatos lives, rides, skis and writes in Bozeman, Montana. You can contact him at skee2b@aol.com

Don't forget the 1999 MMBA Annual Meeting is brought to you by:



GARY FISHER



It's beginning to look a lot like..... Winter

By Joe Yannic

Riding during the months of November to March can be a challenge in Michigan. Even more so in the UP, winter riding there is an exercise in bravery as far as I am concerned. It is important to remember that your body still needs to be warm and dry during this season and mother nature is going to try her best to foil your plans. Also, I believe an important principle for winter/spring riding is to minimize off-road cycling's impact on the trail and other trail users. First, it can be a little difficult to get motivated to ride in the cold. It takes twenty minutes to get dressed etc.

However, a little preparation makes it all worthwhile, and it is indeed a unique experience. You will be burning a lot of energy, so try and eat well before you ride or carry some kind of energy food with you. The gel foods work the best at low temperatures since the bars tend to become very hard. If all you have is a bar then carry it close

to your body to keep it as soft as possible. Carry water, drink it, putting sugar in it may help to keep it from freezing by lowering the freezing point of the water. You will lose just as much water from an active winter ride as in midsummer. Avoid a winter bonk.

As we all know, dress in layers. Thin layers first, followed by one or two thick ones. I have found that I stay warmer with several layers of polypropylene long underwear then a 200 weight fleece jacket than with one layer of underwear and two fleece jackets. Things with zippers rule. You can unzip when you get hot and re-zip when things get cold. Special consideration must be taken with

the head, hands and feet. Always cover your head, you can lose 50% of your body heat through that lovely melon and I am sure your mother always told you to do so anyway. Guess what, this time she was right :). I personally use a neck gaiter when things get really cold but find them somewhat stifling at higher temps. As for hands, many companies are now selling wonderful winter cycling gloves. For those on a budget, find a sporting goods store and pick up a good pair of liner gloves (polypropylene) and the cheapest pair of "ski" gloves that you can find. Bulky, but it works. The feet can be kept warm the same way, a thin pair of cycling socks (not cotton) followed by a thicker wool/polypropylene pair then a wind proof barrier. Avoiding bulk in the feet is key, the blood must flow freely to your feet to keep them warm. It may be time to get rid of those clipless pedals and put the flat ones back on. There are other options as well: Sidi, Shimano and Lake make downhill shoes that offer better coverage and can be purchased a little large to allow for layering. Neoprene socks (like Seal Skins) are also available. Protective eye wear is also a good idea,

but can fog up. If you need waterproof clothing you probably should not be on the trail.

You really don't need special tires in my opinion. I have been able to ride in the winter for many years without studded tires. Why spend more money? NEVER ride during thaw conditions, sure that first 8-10 inches of soil has thawed, but the underlying frost layer has not, and any water in the soil stays there because it has nowhere else to go. Riding on this un-drained soil will rut the trail for the upcoming spring rains and result in washout. The rut will channel water no matter what the slope is and it can remain even after the frost layer is gone. We were lucky last year, El Nino never allowed any substantial frost layer to build up. The trails were in great conditions early in the year. Don't let last year fool you, it takes at least one week of warm weather to get rid of the frost layer. A good sign that the frost layer is gone is the appearance of earthworms. There are also other trail users in the winter.

Be respectful of the x-country skiers, they have a very limited season to enjoy their sport. They enjoy the trails as much as we do. By riding on the same trails and rutting the snow it makes it difficult to set a ski track. Try and find a less popular trail to ride for the winter, or try and avoid riding across/through a set track. Snowmobiles may also be using trails this time of year depending on where you are. Many old two tracks are used by snowmobiles in the winter, let's show them the same respect we show other trail users.

Please be careful, brakes can freeze up in a matter of a minute, as can the rim, eliminating or severely crippling your ability to stop yourself. Give yourself plenty of time to brake and don't try and ride like it's midsummer. Don't try and go far, riding through snow is a difficult activity at best. I would like to compile a list of dirt road rides for thaw season riding, if anyone has ideas please send them to me.

Peace and good dirt (or non-yellow snow in this case),

Don't forget the 1999 MMBA Annual Meeting is brought to you by:



MMBA 1999

The Doors Remain Open!

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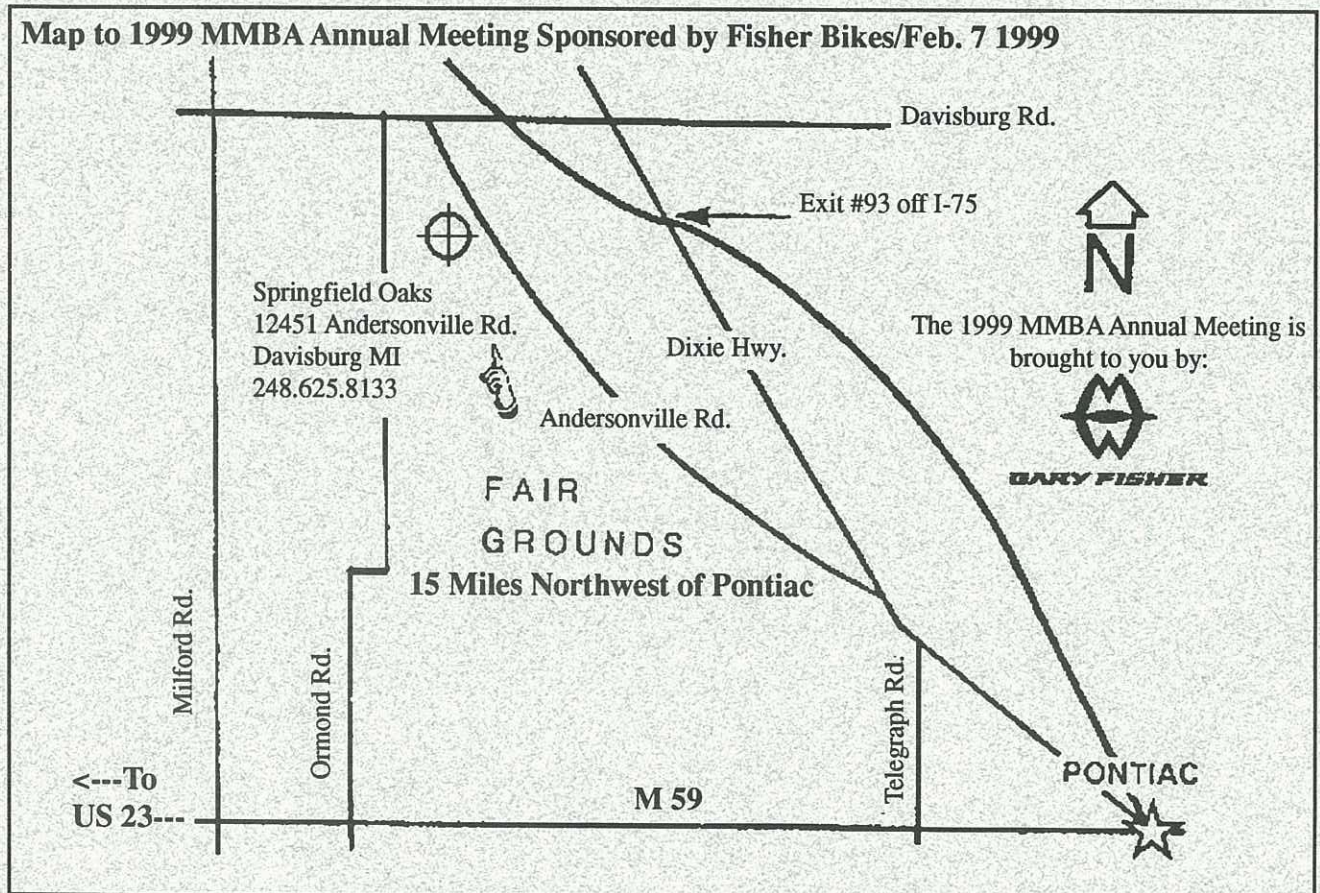
TREK^{USA}



Special thanks go out to Trek USA and CABDA (Chicago Area Bicycle Dealers Association) for their support of the MMBA. Due to challenging circumstances beyond the MMBA's control the MMBA budget for 1998 was facing a shortfall. Due to the generous and charitable action of TREK USA, CABDA and those MMBA members who responded to the Trails For Tomorrow Challenge, the MMBA was able to finish its fiscal year without seeing red so to say. New approaches to marketing, programs, diligent commitments and serious budget cutting activities of the MMBA board hope to avoid this type of problem in 1999. As always you can help just contact us at 616-785-0120.

Thank you to ABC Printing in Highland MI
for their support of the MMBA with production help in publishing the Bent Rim Bugle.
Thank you to Kinko's for support of production
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Map to 1999 MMBA Annual Meeting Sponsored by Fisher Bikes/Feb. 7 1999



Remember, life is not a dress rehearsal....

